



# tattersalls

[www.tattersallsclub.org](http://www.tattersallsclub.org) for the latest news & events

newsletter may-june 2004

## The AGM comes but once a year.



The AGM, held on the 27th May, was well attended. Chairman Russell Debney chaired the Meeting and took Members through the 2003 year in detail.

He took the time to outline the initiatives that the Committee has taken with regard to increasing membership. The new membership categories are set out in the newsletter and

are aimed at encouraging new younger members to join the club and to assist in retaining existing younger Members. The Committee has also given permission for us to sell us corporate membership.

The Chairman thanked all staff members for their hard work during the year.

I'm sure that all Members would agree with the sentiments of the.

Treasurer, Denis Pidcock, when he presented a summary of the 2003 Financial Statements, detailing a small profit after depreciation that the visual data presentation was extremely informative and well received by the Meeting.



We would like to take the opportunity to welcome Matt North to the newly created position of Membership Development Management.

Matt has been appointed to manage membership growth and retention and will co-ordinate all future members' functions and events.

Matt is a member of the Crounlla Triathlon Club and enjoys competing throughout the season.

Matt can be contacted via email [matt@tattersallsclub.org](mailto:matt@tattersallsclub.org) and is looking forward to meeting and getting to know all the members.

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**SNOOKER:** Did you know that members can have free lessons witht Joe Minici the snooker professional.



## **Tattersalls 2004 Ski Week at Perisher - 31st July to 7th August**

### **"Back to Werruna Lodge"**

The cost of accommodation, food prepared by our exclusive chef Glen, drink and famed Tattersalls downhill race will be \$900.

A deposit of \$500 was due by 28th May, with the balance due by 15th July.

All bookings and payments can be made to the club's office and enquiries to Mark Roufeil on telephone: 9267 8922 or email: roo@gtpartners.com.au

Limited spaces are available so book and pay ASAP to avoid disappointment.

## **Grant Petherick Expert New Zealand Fly Fishing Guide talks @ Tattersalls on the 28th July.**

Grant will talk on the following:

- Fly fishing for salmon in Alaska
- Fly fishing the Tongariro and Lake Taupo
- Fly fishing streams in the Hawkes Bay area
- Fly fishing wilderness streams in the central North Island
- Fly fishing on and around Poronui Ranch

**Don't miss this one off Experience.**



As we work our way through winter with most of the Racing action coming from Queensland (Stradbroke, Derby and Brisbane Cup) it is worth noting the next Tattersalls Race day is scheduled for Saturday, 4th September, 2004 at Royal Randwick.

Traditionally, Tattersalls conducts the first Spring Meeting held at Randwick with the major events on the day the Chelmsford Stakes and the Tattersalls Plate.

Last year the winner of the Chelmsford Stakes, Lonhro, went on to take both the George Main Stakes and the Caulfield Stakes.

Whether you are keen on your racing or have never been to the track, here is the ideal opportunity for you to organise a few friends and join us for lunch in the Vista Room which caters for 300 people.

Be a "Member of Randwick" for the day. Members' tickets to the course will be mailed to all members well before the day. Start planning your tables now and avoid the disappointment of missing a great day's racing.

Prizes will be given on the day as well as a prize for the Best Dressed Lady.

Make sure you book early with the office, 9264 6111, or email robin@tattersallsclub.org

## **Important Changes to Tattersalls Membership Categories and Subscriptions.**

**The Committee has introduced a reduction in subscriptions for new and existing younger members.**

**The changes as set out below will become operative from 1 June 2004.**

**As well as the reduction in subscriptions, the Entrance Fee for all new members will be set at nil for the time being.**

Category	Membership	Athletics Dept	Total Subscription
Under 25	\$550	\$440	\$990
Under 30	\$550	\$590	\$1,140
Under 35	\$825	\$660	\$1,485

**Enquire at the office about our new Corporate Membership discounts**



At the last end of month Snooker Night, Mark Twigg was successful in beating Denis Pidcock in the final making it a day of mixed fortunes for Mark in that while he had been nominated as a candidate for Sportsman of the Year, at lunch he found this was a distinction that he did not quite achieve. A rumour that John Stewart has been kneecapped is incorrect.

It is also incorrect to say he was overtired and emotional (as a newt). He merely slipped and fell, breaking his ankle. We wish him well for a speedy recovery.

In the Calcutta, Colin Tidy added to his woes over giving Queensland a start in a large wager on the first State of Origin game by being bundled out in the first round by Sandy Todd. In other results Trigger Woollard beat Mike Bradstreet. Trigger was in awesome form and Michael, probably one of the best players in the Club, must wait another year for his chance. I am sure he knows how Tim Henman feels.

Peter Twigg is in the third round having defeated Bobbie Richards. Bobbie is known around the Club as Atlas, not for his personal strength but the fact that he has never been known to wear a hat. John Simpson must be wondering where his luck has gone. He overcame the large start he was forced to give Mike Fitzgerald to lead with 3 balls left, only to miss hitting the blue and also miss out on a win.

Congratulations are due to Anthony Cummings, who in his other job is a horse trainer, on his first grade one win with Outback Prince.

Inter Club Snooker has started again. It's now on Tuesday nights and considerable hopes are held for the Club's success this year.

Plans are under way to have a quarterly games night in the Snooker Room involving many disciplines including the game that caused all the trouble in River City/POOL. This is set down for 12 August 2004.

Our professional Joe Minici travels to Melbourne for the Australian Billiards Championship with the good wishes of all members of the Club.

You will have noticed in other parts of the magazine that it is becoming

## Killara - 3 June

Killara Golf Club played host to Tatts on a perfect June day. A good field of 25 assembled to take on a testing course in excellent condition. Some members took the opportunity to invite their own guests. We also welcomed our GM, Mark Bartrop. Killara's demanding layout and fast, perfect greens combined to keep any runaway scoring in check, although the winner was in total control while a half dozen others had strong patches but a fair share of trouble.

A single stableford event was the order of the day, with nearest the pins and longest drive also up for grabs. Star of the day was Alan Brown, who played strongly right around the course to return 39 points for a 5 shot win. Next was guest John Barraclough, who fired a solid 34 and tied for third were Peter Ryan with the advantage of local knowledge and Brad Pamp, both on 32.

Longest Drive on the 18th went to Alan Brown with a real cracker, especially considering the one he beat from John Barraclough. Nearest the pin on the 2nd went to Brad Pamp, with John Barraclough securing the 11th.

Prizes were provided by the Club and a ball pool was also available.

Prizes and balls went to 1st, 2nd and the tied 3rds. Longest drive and nearest the pins each won 4 balls and one ball each went to:

**Jim Berry - 29 pts**  
**Graham White - 28**  
**Jock Murray - 27**

snooker cont...

common for recipes to appear and we in the Snooker Club do not wish to be left out. Accordingly, the recipe for a rare bird follows:-

First catch Dennis Pidcock - not an easy task. Then clean him - an even less easy task. Break up sufficient billiard cues, sprinkle with chalk, light and boil the Pidcock for four days with a black snooker ball. When the black snooker ball is soft throw away Pidcock and eat the ball.

The next Lightning Snooker is scheduled for Thursday 24 June 2004 at 6 pm and all are welcomed.

Chalky

Particular thanks are extended to Brad Pamp and Rod Austin for their help in organising this terrific day of golf.

## Future Events

### September

Keep an eye out at the Club and check your emails for a September event, probably at St Michaels.

### Annual Trophy

This prestige event is planned for late November at New South Wales. Again, keep alert for information as details are confirmed.

Jock Murray

### Cammeray

A great morning of golf was held at Cammeray on June 21 to co-incide with the last session of play at the US open which included big screen coverage, cooked breakfast, espresso coffee, nine holes and lunch. We also ran a "mystery event" where each player was paired with a player from the final round at the Open to determine a team winner. One of Peter Wilkinsons guests took out the singles event with a round of three over the card with Rod Austin being the runner up and his pairing with Jeoff Maggert earned him the teams prize.

This is a great format as there is ample parking at the club and is all over by 11.30am. We are planning to do this on a regular basis with all of the US majors with the next being the US PGA on August 16th - so make a note in your diary now.

With regard to the Club Championship we are making enquiries at the newly redesigned Elanora Country Club which has quickly earned a reputation as one of the most challenging layouts in Australia. More news on that later.





Mark Bartrop  
Tattersalls Secretary

The Club has been extremely busy over the last month with the Annual General Meeting and the Committee election leading up to it. Congratulations to all Committee Members on their re-election, as mentioned by the Chairman at the Annual General Meeting it is encouraging to see members putting their name forward for election. I would also like to thank John Murray and John Greaves for acting as scrutineers during the counting process. The Past & Present lunch was held immediately after the Annual General Meeting and proved to be a huge success, it was great to see so many members attend and hear the entertaining speeches from John Murray and Mike Fitzgerald. Also congratulations to Tattersalls Sportsmen of the Year, Mark Preston and Tattersalls Clubman of the Year Peter Thiel.

The Chairman took the time at the Annual General Meeting to express his and the Committee's on going concern regarding falling membership numbers, the strategies that the Committee has put in place are outlined in the advertisement in the Newsletter. It is envisaged that the new membership categories will be able to lift membership numbers. The Committee has also decided to employ a Membership Development Manager, this position has been advertised and I am presently interviewing applicants. This new person will be responsible for maintaining our current membership base and for the purpose of driving our membership numbers to an acceptable level. It will be a hands on role which will also encompass the compiling of the yearly calendar for Members Events and will have a close working relationship with all internal clubs and there conveners.

We will be setting up a member's networking directory on our website in the next month, the categories will be grouped under business categories. Any member wishing to place his name and details on the website can send their details to the office, a business card would be appropriate.

I attended the recent Tattersalls Golf day held at Killara Golf Club when the first players teed off it was overcast and cold, within one hour the sun was out and it turned into a



Join the Young members  
on July 16th

tattersalls on hyde park

## Calendar of Events

2004

July 16th	Young Members Boutique Beer Tasting Night
July 28th	Fly Rodders Talk & Drinks
July 30th	Olympics Breakfast Guest speakers
July 31st	Tattersalls Ski Week at Perisher Valley
August 12	Snooker Room Games Night
Sept 4th	Tattersalls Race Day at Royal Randwick
Sept 10th	Wine & Dinner Degustation Dinner

beautiful Autumn day. I had the pleasure of playing with the winner on the day Allan Brown who scored 39 stableford points on a difficult but magnificent course. A great day was had by all and congratulations to the organizers Jock Murray and Brad Pamp.

We will be holding another Young Members beer tasting night on the 16th July, the last Young Members Night was a huge success so be sure to attend this upcoming event.

## YOUNG MEMBERS BOUTIQUE BEER AND SPARKLING EVENING

After the highly successful Belgium Beer Tasting Night we are at it again with the cream of Australian Boutique Beers and Janz Sparkling wine all at \$2 a glass.

Finger food will be complimentary for members and their guests. Members are requested to pay a \$10 entrance fee for all guests.

Taste these beers!

The Bluetongue Brewery in Newcastle presents the BONDIE BLONDE an Ale brewed with only natural ingredients and the BONDIE RED for the serious ale drinkers only.

The Scharers Little Brewery in Picton presents the SCHARERS LAGER and the BURRAGORANG BOCK

The Mountain Goat Brewery in RICHMOND, VICTORIA presents the HIGHTAIL ALE SUREFOOT STOUT. And lets not forget the famous JANZ PREMIUM CUVÉE.

For booking call the office on 9264 6111 now.



# From the Chairman

I am not someone who does not look forward to the arrival of winter.

Of course it is a different time to summer and for a few months we are denied the long days and balmy evenings that together offer a climate-induced sense of well being. A sort of false sense of security in truth – that if all else fails there's always the beach and not much need for anything else.

Winter is instead a time for taking stock. Coinciding with the end of the financial year, it seems appropriate that we have to wrestle with our annual accounts and tax returns by the light of our desk lamps rather than feeling as though we are missing out on the sunny early mornings and late evenings of summer.

Winter means footie and skiing and being able to get a parking space at the beach for the best surf all year round. And it is a time when good food tastes better and when strong ale and red wine, with good friends, come into their own. And for a lucky few of us, winter means serious round-the-buoys sailing on an uncluttered harbour with surprisingly few occasions when more than a vest is needed to cope with a rare day when Sydney's brilliant azure blue winter skies are replaced with menacing and at the same time, exciting stormy weather.

Somehow, I also enjoy my Club more in winter too. The exercise regime seems easier and a little less wearing without the heat and humidity outside. And the steam room is especially rewarding on a cold winter's day. Swimming with the lads in our races on Tuesdays and Thursdays, and the hot bowl of soup to follow, also gets the circulation going. And an evening in the bar, at the end of a hard week, with some noisy chaps for the Super 12s or the State of Origin is also an essential gift of winter.

With all of these good things, I really do wonder why it is that we are so slow to want to introduce more of our friends to join our Club and to enjoy the special pleasures that it offers. I am sorry to have to dwell on this subject a bit lately, but our future enjoyment of the Club in its present (and in my view, simply excellent)

configuration, depends on getting our numbers up by quite a bit. The Committee has taken the hard decisions to make membership more affordable than ever – especially for younger members. Take a minute to acquaint yourself with the new rates. And if you can see an opportunity to take advantage of our new corporate membership package, reward yourself with a call to the office to find out more.

If you missed the AGM this year, then you probably also missed the Past and Present Lunch which, once again, proved itself as one of our most popular members' functions. During the lunch we announced Mark Preston's award of Tattersall's Sportsman of the Year. This was the third time Mark had been nominated for this most prestigious award and he had to fight off keen competition from a strong field of competitors for the title. Try as we may to spread these things around, the much-awarded and highly deserving Peter Thiel was an irresistible choice for Clubman of the Year. Congratulations to both of these fine members.

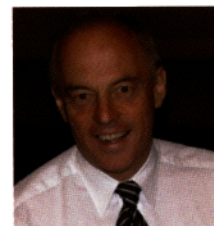
If my mail is any indication, for many members the highlight of the past and Present Lunch was, once again, the nostalgia and good humour delivered by two of our much loved members, John Murray and Mike Fitzgerald, in their after dinner performances as our guest speakers. Thank you again John and Mike for your fine contributions to a great day.

Earlier, at the AGM, your current committee was re-elected. I know that they would want me to say thank you to members for your confidence and continuing support and in return to promise another year of willing effort in the management of Tattersalls Club.

It is right that I should end this message with a farewell. John Olander, our long serving and loyal Swedish masseur of almost two decades has retired to Queensland. John takes with him the friendship (and almost certainly the intimate secrets reserved for someone often within an inch of breaking the frame of his trusting patients) of many Tattersalls men who have submitted to John over the years. As I said at the farewell drinks for John in the Club Bar, there are many people who

make an impact on you throughout your life. Often this is because they are loud and opinionated and keen to impress. Fortunately, this sort of impact soon passes and we are left instead with the lasting impact of gentlemen like John, whose genuine friendship and quiet humanity has contributed much to the culture of our Club. We all wish John the best of health and happiness in the future.

Russell Debney



Russell Debney



Join the chairman on the last Thursday of each month following the committee meeting for free drinks in the members bar.

## LUXURY IS A GOOD THING ...ENJOY IT!

Don't worry about it. Who else but you deserves the luxury of a cashmere jacket? Luxury is what you feel when you slide your foot into a silk-and-something "Pantherella" sock. Your feet walk with a heightened respect for their master. \$60 for a pair of socks? Coming right up. Good for the ego.

Luxury is ordering a couple of shirts to your measure in one or both of the two quietly opulent Italian Monti super-cottons that Michael escaped with from Milan in February. One is a white-on-white, the other a Courtly blue-on-white. They will descend like a Knighthood on your shoulders. You wouldn't be game to put anything less than a Brioni pure silk necktie, hand sewn by dear little Italian old ladies, on such a shirt. \$275 dollars or so? So what.

It's time to get acquainted with the luxury you should have been enjoying for ever. V.M. is the place.



Vince Maloney on hyde park  
Next door to tattersalls telephone 9264 8837





# Athletic Department

## WARMING UP

Dear Members,

Why do I do what I do and why have I devoted my adult life to influencing others into joining me in maintaining a strong level of health and fitness? I ask myself these questions from time to time. Let's face it, I'm sure there are times when most of you probably ask the same questions of yourself in your chosen career.

These questions were answered for me on the 12.5.04 after a member approached me seeking advice with his inability to swim. As I have done with many members, I devoted one-on-one time to determining his limiting factors. In our first session I witnessed the member struggle to complete 25 metres without consuming a cocktail of chlorine and saliva. It was indeed an effort, actually it was an ordeal that was certainly far from enjoyable – and isn't that what it should be all about! Having spent an enjoyable part of my youth [from ages 3-7] growing up in Fiji, water and swimming were part of everyday living. Consequently, it took me awhile to comprehend our member's inability to simply relax in the water. Accordingly, for the first time in months I was mentally stretched in terms of developing an appropriate plan of attack.

After consulting some Olympian friends and undertaking some online research and practical examination (personal analysis), the member and I developed a plan that aimed to make him feel less apprehensive and more competent. Well, good enough

to at least to feel confident about surviving if he fell off a boat 1km from shore.

In our second session, after a number of drills and with the use of swimming aids, we agreed on tackling what he had thought impossible for 43 years of his life. Keeping in mind that Ian Thorpe holds the 400m World Record with a time of 3 minutes and 40 seconds, I whistled 'GO' and started my stop-watch. Seven minutes and 58 seconds later, Tony Miller touched the wall. I was present to see Michael Klim break the butterfly World Record in 1998 and after Tony touched the wall, there were fists and veins pumping in a scene that closely resembled Klimy's big night. I left feeling satisfied, knowing I played a significant role in providing this overwhelmingly emotional high. And to answers those questions, that's why I do what I do!

Camaraderie is what distinguishes the Tattersalls Club from its competitors. Whether it is through our many sporting options, taking friends or clients for lunch, a game of pool (note: like darts, pool/snooker is not a sport) or exercising together in the AD, our club offers a friendly place where members can escape the frantic, fast-paced world.

Accordingly, I would like to propose that members tackle a 5-day lifestyle change that I unequivocally promise and totally guarantee will increase your daily energy levels by 75%. That's right, I'm talking about a massive boost in your daily drive. From waking till the time your head hits the pillow, you'll have a seemingly endless supply of natural

energy. Sold? I am proposing an easy-to-follow, 5-day practical program involving breathing and a small but manageable change/addition to your diet. There'll be no Mickey Mouse pills or potions! If you're interested, read my proposal in health. Let's all tackle this project as one – who knows, you may even learn something that will have a positive effect on the rest of your life.

This month I would also like to discuss:

1. Blood pressure and the effects of exercise.
2. Why do you exercise – what is your motivation?
3. The effects arthritis and, importantly, what we can do to help ourselves.
4. The race report on our friend, Peter Werner.
5. Member Achievements.
6. This month in the AD – Cycling Tour – Commitment time.

## HEALTH

Last week, long-time member Gary Gregg sprung in to my office with a huge grin on his face. 'Wow', I thought, he's either won the lottery or one of his paintings (the work surrounding the Tatts Brasserie) has won the Archibald Prize. "Mate, I've just been to my doctor, who reported a significant improvement in my blood pressure," he explained. "I feel bloody awesome." Over at 3-month period, Gary's BP reduced from 140/90 to 120/75. His resting HR is now at an elite-athlete level of 57 BPM. Importantly, his physician directly tested the integrity of his arteries (Augmentation & Aortic reflection). Again, the tests indicated an excellent result. Firstly I'd like to discuss why this reduction is significant for Gary's life. Secondly I'd like to outline how Gary achieved this success.

Blood pressure: We hear about it all the time and we sort of know it's important, but what is it really?

With the help of member Dr Andrew Davis, I will attempt to explain in layman's terms the significance of blood pressure.

Here we go. Blood pressure is the force or pressure exerted by the heart in pumping oxygenated blood,

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**Dr Adrian Vertoudakis**

**B.D.S (Syd Uni)**

**Clinical Associate University  
of Sydney**

## DENTIST

As a fellow Tattersalls member I welcome all members and their families to our new practice conveniently located at Level 2, 195 Macquarie St near Martin Place. With over twenty years experience we provide quality cosmetic and general dentistry in a caring environment.

I am extending a 10% reduction on our normal fees to all members and their families.

For appointments please call Tess or Betty on 9229774  
I look forward to meeting you,

Adrian Vertoudakis



## Athletic Department cont...

using arteries as the transport means to all working parts of the body. Therefore, it also refers to the force of blood exerted on the inside walls of blood vessels. Blood pressure is expressed as a ratio (example: 120/80, read as '120 over 80'). The first number is the systolic pressure, or the pressure when the heart pushes blood out into the arteries. The second number is the diastolic pressure, or the pressure when the heart rests. Consequently, we place a little more emphasis on the resting phase because your systolic is generally sent through the roof during exercise.

Firstly, let's consider that the heart muscle is just another muscle in the body. It's a bloody important one but its function (contract/relax) is like, let's say, the good old biceps muscle. If I asked you to arm-curl a biro, you could effectively rep all day as it's a relatively easy movement with next to zero load. However if I asked you to arm-curl a 10kg dumbbell at the same speed as the biro, much greater effort is obviously required by the biceps muscle. To continue the movement would eventually see your biceps muscle group fatigue and give out (stop, that is). The force of the contraction would simply become too great to sustain.

The same effect is often seen in heart-related illnesses. If your poor old heart is required to increase its level of contraction (force), like any motor it would eventually stand a chance of coughing out. So, the thicker your arteries (crystallised fat, known as atherosclerosis), the more demanding your heart muscle finds it to pump the required quantity of oxygenated blood to working parts (both the skeletal and smooth muscles and your brain). The higher your blood-pressure reading, the greater the likelihood of narrowing arteries or a stressed heart muscle. The lower your result, the more like the biro analogy and the less strain placed on your one and only motor.

One other important issue to consider is the response of blood pressure when in a stressed state. Why are BP readings commonly higher when we are under pressure, both mentally and emotionally? When we feel stressed, and everyone surely does from time to time, the powerful

hormones - adrenalin and nor-adrenalin - are released at a greater rate than normal, thus increasing your heart rate and providing greater constriction to blood vessels. This another reason why regular exercise is critical.

Will you respond and perform better when stressed if you regularly partake in regular exercise? More than likely YES! In conclusion, Gary's lowering BP can be contributed to a slight decrease in body weight and the improved conditioning of the heart muscle itself.

Like many Barristers, Gary is regularly stretched to commit to exercise regularly but he has been diligent over the past 6 months.

His program consists of:  
30 Cardio Training

Consisting of 20 minutes walk/run. Although guarding a dusty knee, I have encouraged Gary to persist with intermittent bursts of running (well, actually jogging, as results are usually more positive from this discipline), followed by the Cybex X-Trainer, which is very conservative on the joints.

10 Strength Training

Light weights with repetitions up to 20, often using the multi-functional Swiss Ball to recruit the critical core muscles of the body.

Stretching Training

A few quick and easy stretches for his hamstrings, quads, calves and glutes (bum muscles) - basically the muscles he doesn't use for the majority of his working day.

Relaxation

10 minutes in the steam room. I initially had reservations about the benefits of the steam room but, after much research, I am now a big fan of 10-minute sessions. It's great for our battered breathing muscles and generally provides time to simply switch off.

Gary has also taken to attaching a pedometer to his strides, which is a great idea! This simply gives you constant feedback in relation to your incidental movement.

Well done Gary - I feel quietly confident that you will be with us for little longer.

The Clynes are all great clubmen and the Tatts needs families like them!

### RACE REPORT, SYDNEY HALF-MARATHON

Peter Werner Race # 723, Start time: 7.30am, Sunday 23 May. Location: Sydney Harbour

At 6.15am on a perfect morning for running I picked up a slightly edgy PW. He was asking his body to double its best-ever effort, so it's little wonder he may have been harbouring a few butterflies. Would his legs hold out? Would he have enough energy? Would his cardiovascular system serve him for the 21.1km journey? These questions and more would be answered over the next 2 -2 1/2 hour period.

As the gun sounded and the race announcer offered words of encouragement, Peter shuffled his way across the start line. "Twenty one kilometres to go," he mumbled after our first 100 metres. My rules for Peter were simple: NO walking at anytime; maintain an even paced race (ie: a 6 minutes per kilometre, 10km per hour pace) that is evenly split every kilometre; drink at every aid station; and, of course, leave a bit of yourself on the course if need be.

Our goal was to break the race into quarters, with 5km being our first goal - accomplished with no real trouble (as expected). The 10km

## It's Games Night at Tattersalls

On Thursday the August 12th its games night in the Snooker Room.

In the tradition of Black Tie Boxing, this will be a special night for members and their guests. A night of friendly competition, in a most discreet environment with Nine Ball or Kelly Pool and Cards.

Cost \$60 with numbers strictly limited so book early!

For more information contact Joe Minici or Mark Twigg on 9264 6111. Bookings can be made at the office.



banner appeared. I'm unclear as to whether the IOC sanctioned perspiring as an Olympic sport in Athens this year, but if they have, stick a lazy hundred on Werner! We were approaching the half-way mark in the race and race organisers reminded us of the half-way cut off point of 75 minutes – if you don't make this you're out of the race. We passed in 71 minutes (easy as).

Bring on the Macquarie Chair lookout where we would be greeted by the 15km banner. Maintaining his even pace and still maintaining an even temperament, we made this famous landmark. Now we had the job of preparing for the business end of the race. Whether Peter knew it or not, this is the time when his thighs would start to hurt, his energy would be sapped, his knee pain would snowball and he would be increasingly annoyed by chaffing, which is really nothing at all.

This section of the race divides the majority of the population who lay in bed on this fine Sunday morning and the 4000 entrants who decide to complete the journey.

From 17-19km I received little feedback from my finely tuned athlete. Pity those running behind us, or more likely swimming behind us. We made our way round the last corner turning into Hickson Road and it was a true pleasure to see the 20km banner. As we passed the 20km mark and our finishing distance entered metres and not kilometres, Peter's leg turnover broadened, even catching his running partner off guard. The sight of the finish line and a mass of supporting spectators (including Peter's entire family – even his mother, who flew up from Melbourne and informed me, pre-race, that she was prepared for litigation should anything go wrong with her son) signalled the end to all pain and discomfort. In fact, Peter's euphoric spike in emotions put Cathy Freeman's 400m time of 49.34 in serious trouble.

Breaking the finishing tape, Peter was overwhelmed with pride and let out: "You little f#%king beauty!" And so he bloody should be proud – 21km is a long way on two feet. Peter Werner can claim this achievement next time he opens his second

bottle of red. Well done Peter, it was an awesome achievement with all goals soundly met.

Other members to complete the journey: Richard McGrath – Awesome, Michael Stiles – Distinction, Hugh Killen – Debutant, Michael Gallagher – Winner, Philip Clayton – Punish, Jon Papillia – Solid, Robert Harrington – PB, Richard McMahon – Courageous, Arthur Huxtable – Greyhound, Phil Rechelt – Exceptional, Hugh Kerridge – Celebrated, Tom Halliwell – Sturdy, Luke Morgan – Honest, Michael Spork – Steady, Alan Foord – Achievement, Tom Lingard – Kenyan, Alex Pope – SIB (stayed in bed).

## BIKE TOUR 2004

I have collated an email list of 35 prospects at this point. If you would like to be included in the updated information on the tour, please let me know. Please know that confirmation of your position will be required with small deposit on the 26 July.

TOUR DATES: 25-26 SEPTEMBER  
Hunter Region > Nelson Bay.  
Saturday – peleton ride of 100km (flat terrain), and Sunday - Individual Time-Trial 16km – rest – Team Time-Trial 32km.

## MEMBER ACHIEVEMENTS

SYDNEY HALF MARATHON SUCCESS:  
Congratulations to all the Tatts members mentioned above. Everyone performed exceptionally and represented the club with pride. Well done!

HOWARD HARRISON & MICHAEL HANRAHAN: This pair cycled through the beautiful Tuscany region on a 10-day tour. Over 1000km later they completed their journey. Well done boys – how are your bums?

LAURIE STAPLETON: Many members have passed comments on the World Cup Rugby jumper of Wallaby winger Lote Tuqiri hanging in the gym. Many thanks to member Laurie Stapleton for his kind donation. It certainly livens up the place and is very much appreciated Laurie! A plaque will be erected shortly.

Brad Pamp



There was blood on the South Coast beaches at Bendalong on 5-6 June, as the Tatts Boardriders attacked the various breaks around Bendalong.

A mighty weekend was had by all who attended. Every surfer, partner and kid came away smiling. A great big vote of thanks to Glenn Atkins, who made his holiday house available. Glenn also provided some good swell, perfect June weather, while the TBR's, wives, partners and kids provided the rest. Special mention to Andrea Werner and Sue for their input.

A most dangerous pastime last weekend, was in the paddle out through the break. It was necessary to duck and weave through the debris of boards and bodies. Some spectacular wipeouts were witnessed, as the boys put their bodies on the line. Man against Man.

While many of the stories will have to "Stay on Tour", I can recap some of the highlights (lowlights)

Glenn's directions for the Werner family, earned him the instant nickname "Gregorys". He had given Country Road the wrong house number for accommodation. The Werner family arrived late at night, tired and hungry, kids crying etc, to find that No. 19 already had occupants. Finally, on contacting Glenn, CR was told to evict the occupants, because Glenn had booked the house 2 weeks ago. The reply from the occupants, was that they had been there for 34 years. Alas..the Werners should have been in No 15.

Lady Kahuna thought it quite pathetic that the "captains of industry" would take in excess of 1 1/2 hours, via a game of Spoof, to establish who was to be on the massive after dinner washup. But what would she know? Fittingly, it was Tim Maunsell who lost, and who had suggested the democratic



# Around the Club

method in the first place.

The ugly subject of litigation, class actions, apprehended violence orders etc etc are loosely bandied about, by the well represented law fraternity within our ranks. This weekend was no different, and I am sure you all have seen the exchange of correspondence to date.

The well known guitar duo of Peter Glenn was flown in on Sat night to provide entertainment, and they were outstanding.

Notwithstanding, Mark Roufeil has been volunteered to provide a songbook of the most sung songs, to include verses and choruses, for the next concert night, whenever that might be.

There were some sterling performances during the weekend, many of which are detailed in the "King Kahuna Awards", listing attached. There will be a final wrap-up / feed back session in the bar on this Friday night from 1730.

Best news is that Glenn has offered his place for an annual weekend event each June.

Be good to each other out there.

Happy Surfing

Kahuna.

## The Big Kahuna Awards

Yellow T-Shirt Award – Leading Surfer: Tim Maunsell

Green T-Shirt Award - King of the Waves: Glenn Atkins

Polka Dot T-Shirt Award – Best After Dinner Performance and For Outstanding After Dinner Performance: Peter Werner, Shared Glenn Atkins, Shared.

Brown T-Shirt Award – Poor After Dinner Performance: Luke Morgan

White T-Shirt – Clubman Award David Benn for attended everything to date.

Paisley T-Shirt Award – Worst Combination of Boardshorts/Shirt Peter "Country Road" Werner

Purple T-Shirt Kamikaze Award for the Best and Most Fearless Wipeouts: Luke Morgan with Special Mention – Shaun Clyne

Blood Red T-Shirt Award for Drop-Ins and Reckless Surfing Phil Reichelt

Blue T-Shirt – I'm Alright Jack Award Alex Pope for using 2 doonas on a



The Tattersalls Boardriders @ Bendalong on the NSW South Coast.

cold Sat night, while poor old Justin Clyne was left on a punctured air mattress, with no blankets.

Special Mention – Phil Reichelt for making toast in Glenns kitchen, on the bench, without a plate, straight after Glenn had spent 2 hrs cleaning the joint.

Special Mention – Simon Forsyth for leaving his injured wife at home while he surfed with the boys.

Orange T-Shirt Boofheads Award - Justin Clyne for not using his height and weight advantage to punch the crap out of Pope and take back one or two doonas and for some recent poor surf reporting.

Grey T-Shirt – Artistic Licence Award: Shaun Clyne for describing his surfing ability in flowery terms such as " radical bottom turns, trimming out etc etc.

Black T-Shirt Pisspots Award: Mark Roufeil for bringing his own flask of overproof rum, which nearly set the house on fire.



Peter Thiel receiving his "Clubman of the Year Award" from Russell Debnay



Big Kahuna holding court on the boardriders weekend away.



a Sunday morning surf at Bendalong



The Past & Present Lunch



Andrew Torok explaining the concept of the "Harry Turner Scholarship" at Harvard University.





# Swimming

Unfortunately due to pressure of other things, this is my first report for some time.

You will note the results below and it looks like the "old fox" McCosker is adding a few more trophies for his cupboard.

In recent news, the word is that "Cowboy" Greaves booked himself in for a "complete makeover" and after adjustments to his plumbing may well be known as "Miriam" from now on. Hoping to see you soon on the pool deck John.

The recent ocean swim at Vanuatu saw Bruce Baird and Peter Thiel win their age groups with Peter Thiel 3rd overall. Congratulations to both.

A word of warning, I am on the comeback trail after a long period of involving myself in what I hate most, "work".

Results of month 2 swimming were:

## **Tattersalls Gift Voucher 50m Award**

1. John McCosker	34
2. Brendan Maher	31
3. Peter Thiel	28

## **100m Award**

1. Peter Thiel	26
2. Pat Bryant	25
Peter Thiel	25

## **Swimmer of the Month Month 2**

### **Manchester Unity Award**

Committee's Choice – Pat Bryant

Results of month 3 swimming were:

## **Tattersalls Gift Voucher 50m Award**

1. Phil Reichelt	35
2. Russell Debney	34
Mark Roufeil	34

## **100m Award**

1. John McCosker	24
2. Brendan Maher	22
Cesar Puertolas	22

## **Swimmer of the Month Month 3**

### **Manchester Unity Award**

Committee's Choice – Russell Debney

Results of month 4 swimming were:

## **Tattersalls Gift Voucher 50m Award**

1. Phil Reichelt	35
2. Russell Debney	34
3. Mark Roufeil	34

## **YTD – End month 4 – 50m**

1. Pat Bryant	99
2. Russell Debney	98
3. Brendan Maher	92
4. John McCosker	88
5. Peter Thiel	84

## **100m Award**

1. John McCosker	24
2. Brendan Maher	22
Cesar Puertolas	22

## **YTD – End month 4 – 100m**

1. Peter Thiel	89
2. Cesar Puertolas	85
3. Russell Debney	80
4. Ken Glover	78
Brendan Maher	78

## **Swimmer of the Month – Month 4**

### **Manchester Unity Award**

Committee's Choice – Rod Austin

## **Progress Points in the Col Bowes Memorial Trophy**

1. Brendan Maher	30
2. Greg McMahon	27
3. Russell Debney	23
Charlie Robinson	23
Mark Roufeil	23

## **COMING EVENTS**

- 8 July 2004 – Swimmers Lunch
- August – Calcutta
- 16 September 2004 – Two Tatts Relay

Andrew Torok

(andrewatorok@aol.com)

## **OCEAN SWIMMING**

On Sunday 2 May 2004, the Sydney Ocean Swims series for 2003-4 drew to a close with the last race at Byron Bay. Tatts was well represented with 20 or so members making the trip north. The Byron swim is one of the more picturesque swims, taking the swimmers from Wattagoes Beach in the South, around the headland and lighthouse, and north along Byron Beach to the finish line in front of the Surf Club, a total race distance of about 2.2km.

There was no swell and no surf, making it a flat water swimmer's

race, and a far cry from last year's squally conditions. Times were quick overall, and the fastest time was put in by Peter Thiel who finished in 26:36 which placed him first in his age group, and 29th overall. Richard Jagger also had a great swim finishing in 29:48 which also placed him first in his age group and 85th overall. The other results were as follows (sorry if we have missed anyone):

Peter Thiel	26:36
Shaun Clyne	28:44
Richard Jagger	29:48
Cameron Duncan	32:09
Luke Morgan	32:09
James Crooke	35:31
Mark Roufeil	37:03
Ken Glover	37:50
David Grossberg	38:15
David Robinson	38:30
Phil Reichelt	39:21
David Kemp	39:24
Tom Nolan	40:30
Brendan Maher	43:17
Marc L'Huillier	43:28

Alex Pope also swam, however, slept through registration on Saturday, so was a non-entered swimmer. There are various reports as to how he went!

A lot of members took the opportunity to spend a few days up north chasing the last of the summer sun, and as this event becomes more popular each year, it is becoming a must do event.

For those who cannot survive without some racing over winter, the Vanuatu Ocean swim was run on 5 June 2004. Tatts managed 2 diehard entrants, Bruce Baird and Peter Thiel. Both competed in the 3.5km Rossi to Rossi swim which takes swimmers on a scenic route from Port Vila, around Irriki Island, and back to Port Vila. In its second year, the swim attracted over 200 entrants, mostly from Australia. Top ocean swimmer Grant Clelland competed, having won a free trip to Vanuatu by winning the Palm to Whale beach swim. Needless to say, he was in a class of his own, and won in record time beating the next swimmer by 5 minutes. Peter Thiel managed to hold onto 3rd place, finishing in 42 minutes behind Grant



# Swimming

Clelland (37 minutes) and Michael Bourke (42 minutes). Bruce Baird had a great swim. He had the largest number of competitors in his category, and managed to win his age group, showing his excellent fitness levels.

In all, it was an interesting swim, and would be worth considering for those who want a swim over a challenging distance, and then a very relaxing break.



Cameron Duncan



Mark "The Shirt" Roufeil



The Byron Bay Ocean Swim



Ken "The Big Kahuna" Glover



Alex Pope and Morgan



The Byron Bay Ocean Swim



Brendan Maher

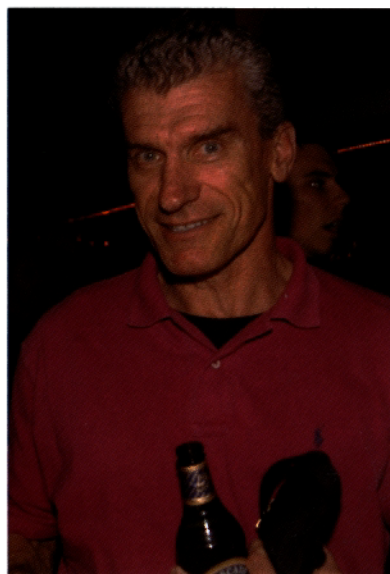


The Vanuatu Swim

From left to right: Christy Thiel, Bruce Baird, The PM of Vanuatu Natapei Edward, Peter Thiel, Former Fijian Prime Minister Sitiveni Rabuka and the Vanuatu External Trade Development Minister, Vohor, Serge.



Shaun and Olivia Clyne



Tom Nolan



Luke Morgan





tattersalls

Matthew Curl.

## Tattersall's Swimming Calcutta winner. Rugby convert. Lawyer.

### Where did you grow up?

I was born and bred in Manly and grew up in the closest house to the beach on the Queenscliff end. I surfed every afternoon and went to St Paul's College, where I made enough grades to do Science/Law at Macquarie Uni.

I was a reasonable swimmer. I could usually make my way through the inner schools and pick up a pennant, but as the other blokes developed physically I started to slide. At school we played rugby league.

My nickname with my footy mates was "Rip Curl", which is a no-brainer when you're from the Northern beaches.

### You were signed to a Rugby League scholarship by Manly?

I played in the junior league teams for Manly and got a scholarship which paid my way through high school. I made the NSW under 16 team with guys like Brad Clyde, Scott Wilson - guys who went on with it. After school I was graded and played over three years in the lower grades.

Then I broke my jaw. I spoke to quite a few people who said "You could make a bit of money, but you've already broken your jaw and in terms of percentages and longevity what's going to happen next? Just concentrate on your University studies." So I gave league away.

I'm glad I didn't go on with it because of all the other options that have occurred since.

### You dropped League and took up Union?

Towards the end of my uni degree I was at the (in)famous Steyne Hotel with a bunch of locals who played rugby. They said: "Why don't you come down and have a run?" I ended up playing five years of first grade for Manly. The highlight was winning the first grade comp, we had at least nine rep. players (guys like Willie O and Tony Daly) and won nineteen out of twenty two games.

### What difference did you find between the codes?

Rugby League has moved the game so it is fit, fast with no real differentiation of positions, so it is a standardised type of athlete who can come on and off the field. Much of the play itself is not varietal. Rugby Union allows the short fat guys to play with the tall

skinny guys and the short skinny guys can play with the big solid athletes. Basically, it is a full participation sport for anybody who can get reasonably fit. The real emphasis is on the social aspect. You make a lot of very good friends and have a good time - you play rugby for a good time - the good players go up to the next level, but they are still playing for a good time. Whereas I think that in rugby league - in the professional ranks certainly - it is easy to lose a sense of reality, which can lead to problems, as we know.

Another fundamental difference is that league scouts you in at the front end while union provides for your after-football career, it has got a broader perspective.

League hasn't really got to the stage where they look at the holistic person and work out what they're going to do at the end of their playing career.

Going to rugby was the best career move for me....union is an entree into the business world.

### Where has your career taken you?

I joined law firm McCabe Terrill in 1994 (then McCabe Brown; Alan Brown and Terry McCabe are Tatt's members) and became a partner three years ago. Before we were married, my wife Catherine was posted to London by Andersens (as it then was) and my firm was kind enough to give me six months off to join her. I had the great experience of playing professional rugby for Rugby - the home of the game.

I do commercial and insurance professional indemnity work, I enjoy the business side of things and am presently financial partner.

### How did a rugby player win Tatt's Swimming Calcutta?

Good question. Mid last year my wife told me that I was starting to tub up, I discovered the Tatt's swimming club and Andrew Toorok conned me into entering the Harry Turner Calcutta. I wasn't fit then and the swimmers didn't really know me so I was well handicapped, which was fair at the time. As summer went on I got a bit race-fit. I don't know who originally won me in the raffle, but they got rid of me pretty quick!



Matt winning the Swimming Calcutta.

### Finally, Do you think there are any ways we could improve our club?

Membership is a constant issue. Maybe we should be looking at corporate membership to get more professionals to use the facilities. I am always looking for functions for client entertaining and people are impressed by coming to Tattersall's.